

2025 届四川好老师专升本零基础阶段测试卷一

考试科目：《大学英语》

考试时间：60 分钟

题号	I	II	III	总分
得分				

注意事项：

1. 满分 150 分，要求卷面整洁。
2. 将答案写在答题卡相应的位置上。

Part I Dialogue completion (10 points)

Directions: *There are five sentences missing in this dialogue. Please complete the dialogue with the sentences given.*

Shopkeeper: Welcome to Weihua Clothes Store. __1__.

Daniel: I'd like to buy a sweater for my mum. Her birthday is coming.

Shopkeeper: A happy mum! __2__.

Daniel: She likes white. It looks good on her.

Shopkeeper: All right. What size do you want for your mum?

Daniel: Size 8 is OK.

Shopkeeper: __3__.

Daniel: It looks beautiful. How much does it cost?

Shopkeeper: Oh, it's 398 yuan.

Daniel: What! 398 yuan? __4__.

Shopkeeper: But wait a minute! There a sale today. Everything is half price.

Daniel: Well, that's great! __5__. I'm sure she will like it.

- A. What about this one?
- B. What can I do for you?
- C. What's her favorite colour?
- D. No problem.
- E. That's a good idea.
- F. I'll take it.
- G. I think it's too expensive

【全文翻译】

丹尼尔：我想给我妈妈买件毛衣。她的生日快到了。

店家：妈妈真幸福！她最喜欢的颜色是什么？

丹尼尔：她喜欢白色。她穿起来很好看。

店主：好吧。你想给你妈妈买多大号的？

丹尼尔：8号就可以了。

店主：这个怎么样呢？

丹尼尔：看起来很漂亮。这要多少钱？

店家：哦，398元。

丹尼尔：什么！398元？我觉得它太贵了。

店家：等一下！今天有大减价。所有东西都是半价。

丹尼尔：那太好了！就它了。我相信她会喜欢的。

1-5: BCAGF

1. B

【本题解析】根据文章上文“Welcome to Weihua Clothes Store”可知欢迎光临威华服装店，以及“I'd like to buy a sweater for my mum. Her birthday is coming.”可知我想给妈妈买件毛衣，她的生日快到了。因此此处应该是店内员工招呼客人的话。综上所述，该题选择B。

2. C

【本题解析】根据文章下文“She likes white”可知她喜欢白色。因此此处应该是她最喜欢的颜色是什么。综上所述，该题选择C。

3. A

【本题解析】根据文章下文“It looks beautiful”可知它看起来很漂亮。因此此处应该是说这件如何。综上所述，该题选择 A。

4. G

【本题解析】根据文章上文“What! 398 yuan?”以及下文“But wait a minute! There's a sale today. Everything is half price.”可知，因此此处应该是作者觉得太贵了。综上所述，该题选择G。

5. F

【本题解析】根据文章下文“I'm sure she will like it.”可知，此处应该是我要买下它。综上所述，该题选择F。

Part II Vocabulary and Structure (60 points)

Directions: *There are twenty incomplete sentences in this part. For each sentence there are four choices marked A, B, C and D. You must choose the one answer that best completes the sentence. Then mark the corresponding letter on the Answer Sheet with a single line through the center.*

6-10: EDBAC

6. I saw a thief stealing something. 句子结构为 _____。

- A. 主语+系动词+表语
- B. 主语+谓语
- C. 主语+谓语+宾语
- D. 主语+谓语+双宾语
- E. 主语+谓语+宾语+宾语补足语

【本题答案】E

【本题解析】本题考查**句子结构**。I 是主语, saw 是谓语, a thief 是宾语, stealing 是 doing 作宾补, See somebody doing something 看到某人正在做某事, 因此是主谓宾宾补结构。综上所述, 该题选择 E。

【本题翻译】我看到一个贼正在偷东西。

7. He bought himself a book. 句子结构为 _____。

- A.主语+系动词+表语
- B.主语+谓语
- C.主语+谓语+宾语
- D.主语+谓语+双宾语
- E.主语+谓语+宾语+宾语补足语

【本题答案】D

【本题解析】本题考查**句子结构**。本题中 He 做主语, bought 动词过去式做谓语动词, a book 和 himself 都是 bought 的宾语, 即 bought 后接了双宾语, 他给自己买了一本书。himself 指人, 做间接宾语; book 指物, 做直接宾语。本句也可改成 He bought himself a book。综上所述, 该题选择 D。

【本题翻译】他给自己买了一本书。

8. They are driving too fast. 句子结构为 _____。

- A.主语+系动词+表语
- B.主语+谓语
- C.主语+谓语+宾语
- D.主语+谓语+双宾语
- E.主语+谓语+宾语+宾语补足语

【本题答案】B

【本题解析】本题考查**句子结构**。They 是主语, are driving 是谓语, too fast 是副词作状语, 修饰 are driving, 因此这是一个主谓结构的句子。综上所述, 该题选择 B。

【本题翻译】他们开的非常快。

9. You are very _____ to be late again unless you get there by bus.

- A. likely
- B. possible
- C. probable
- D. proper

【本题答案】A

【本题解析】本题考查**形容词辨析**。likely 可能的; possible 可能的; probable 可能的; proper 适宜的。be likely to do sth.意为“可能会做某事”, 是一个固定短语。综上所述, 该题选择 A。

【本题翻译】除非你乘公共汽车到达那里, 否则你很可能会再次迟到。

10. —Tom, let’s go swimming.

—Just a minute. I _____ an email.

- A. send
- B. sent
- C. am sending
- D. have sent

【本题答案】C

【本题解析】本题考查**时态**。根据“Just a minute.”可知, 此处描述正在进行的动作, 使用现在进行时, 结构为 be doing。综上所述, 该题选择 C。

【本题翻译】——汤姆, 我们去游泳吧。

——请稍等。我正在发送一封电子邮件。

11-15: CCABA

11. —How far is your cousin’s company from here?

—It’s about two _____ ride.

- A. hour’s
- B. hours
- C. hours’
- D. hour

【本题答案】C

【本题解析】本题考查**名词所有格**。两小时为 two hours, 此处修饰名词 ride, 需用名词所有格 two hours’作定语。综上所述, 该题选择 C。

【本题翻译】——你堂兄的公司离这里有多远?

——大约两小时的骑车路程。

12. In 100 years, there _____ a robot in each family..

- A. is
- B. have
- C. will be
- D. will have

【本题答案】C

【本题解析】本题考查**there be 的一般将来时**。根据“In 100 years”可知句子用一般将来时。there be 的一般将来时结构是“there will be”。综上所述, 该题选择 C。

【本题翻译】在 100 年后, 每个家庭会有一个机器人。

13. I’ll go swimming with you if I _____ free tomorrow.

- A. will be
- B. shall be
- C. am
- D. was

【本题答案】A

【本题解析】本题考查**条件状语从句和时态**。按照“主将从现”的原则, 根据时间状语 tomorrow 可知, 条件状语从句中, 应用一般现在时表示将来。综上所述, 该题选择 C。

【本题翻译】如果明天我有空, 我将和你一起去游泳。

14. By the end of last term, we _____ 2000 English words.

- A. have learnt
- B. had learnt
- C. learnt
- D. would learn

【本题答案】B

【本题解析】本题考查**时态**。根据句中 By the end of last term 可知, 此处指截至到上学期末, 指“过去之过去”, 所以空白处的时态用过去完成时。综上所述, 该题选择 B。

【本题翻译】到上学期末, 我们已经学了 2000 个英语单词。

15. A year is divided into _____ months. September is the _____ month of the year.

- A. twelve; ninth
- B. twelve; nineth
- C. twelfth; ninth
- D. twelfth; nineth

【本题答案】A

【本题解析】考查**数词**。第一个空格后可数名词复数 months, 其前要用基数词表示数量, twelve 十二; 第二个空格前有定冠词 the, 空格后有可数名词 month, 要用序数词表示顺序, ninth 第九。综上所述, 该题选择 A。

【本题翻译】一年分为十二个月。九月是一年中的第九个月。

16-20: DBABB

16. As time _____ by, they began to get on well with each other

- A. go
- B. goes
- C. going
- D. went

【本题答案】D

Passage one

Questions 26 to 30 are based on the following passage.

Lightning is shocking, and it happens all over the world! Scientists think that there are more than three million lightning strikes every day in the world—that’s thirty strikes every second.

Lightning can also be very dangerous. Every year, lightning kills people because it can start big fires or because it reaches temperatures up to 28,000 degrees centigrade. An American man, Roy Sullivan, who worked in a park, holds the record for surviving the most lightning strikes. Between 1942 and 1983, he was hit seven times!

So, why does lightning strike? Lightning strikes happen when ice and water in clouds rub together, and cause atmospheric changes. When this happens, it creates a static charge. Lightning can strike inside the cloud, between two clouds or between a cloud and Earth. It’s the last type of strike that is the most dangerous for humans. About 1,000 people get struck by lightning every year in the United States, and about 100 of them die as a result.

Lightning is certainly not something to toy with. When lightning strikes, it’s best to stay inside a large building. To stay safe, do not stand under trees, on hills or near water. Trees attract lightning. Also, do not lie down on the ground, otherwise the electricity may go through you and cause a heart disease.

【全文翻译】

闪电是令人震惊的，它发生在世界各地！科学家认为，世界上每天有超过 300 万次的雷击，即每秒钟有 30 次。科学家们认为，世界上每天有超过 300 万次的雷击——也就是每秒钟有 30 次雷击。

闪电也可以是非常危险的。每年，闪电都会导致人们死亡，因为它可以引发大火，或者因为它的温度高达 28,000 摄氏度。一个在公园工作的美国人罗伊·沙利文保持着最多雷击中后幸存的记录。在 1942 年至 1983 年期间，他被击中了七次！

那么，为什么会发生雷击？当云中的冰和水摩擦在一起，并导致大气变化时，就会发生雷击。当这种情况发生时，会产生静电荷。闪电可以在云层内部、两片云之间或云层与地球之间发生。最后一种类型的袭击对人类来说是最危险的。在美国，每年约有 1000 人被雷电击中，其中约有 100 人因此而死亡。

雷电当然不是可以玩弄的东西。当雷电来袭时，最好呆在大型建筑物内。为了保持安全，不要站在树下、山上或水边。树木会吸引闪电。另外，不要躺在地上，否则电流可能会穿过你，导致心脏疾病。

26-30: CBDAD

26. Lightning strikes ____.

- A. happen three billion times each day
- B. will start when there are big fires
- C. can reach very high temperatures
- D. kill all those who work in a park

【本题答案】C

【本题解析】本题考查**细节题**。由第二段 “Every year, lightning kills people because it can start big fires or because it reaches temperatures up to 28,000 degrees centigrade.” 可看出闪电的温度高达 28,000 摄氏度。综上所述，该题选择 C。

27. What does “surviving” in Paragraph 2 mean in Chinese?

- A. 目睹
- B. 幸存
- C. 制造
- D. 遇难

【本题答案】B

【本题解析】本题考查**词义推测题**。由第二段最后一句可知，他一生遭受七次雷击，说明他是“幸存的”。综上所述，该题选择 B。

28. We can infer from Paragraph 3 that ____.

- A. lightning strikes are caused whenever ice and water meet
- B. lightning between two clouds is the most dangerous for humans
- C. lightning strikes create static charge
- D. about one tenth of the people struck by lightning die every year in America

【本题答案】D

【本题解析】本题考查**推理题**。由第三段最后一句可知，1000 人当中有 100 人遭雷击身亡，说明有十分之一的比例。综上所述，该题选择 D。

29. Which expression means “to toy with” in the last paragraph?

- A. To play with.
- B. To take seriously.
- C. To show off.
- D. To take it easy.

【本题答案】A

【本题解析】本题考查**细节题**。最后一段主要介绍闪电时的预防措施，说明闪电不是“好玩的”。综上所述，该题选择 A。

30. Where’s the best place to be when lightning strikes?

- A. On top of a hill.
- B. In a swimming pool.
- C. Under a tree.
- D. Inside.

【本题答案】D

【本题解析】本题考查**细节题**。由最后一段 “When lightning strikes, it’s best to stay inside a large building.” 可知，躲避闪电最好的办法就是进入大楼里。综上所述，该题选择 D。

Passage two

Questions 31 to 35 are based on the following passage.

Paul Nicklen waited patiently on a sheet of ice in the Arctic. He was there to take pictures for National Geographic. Finally, he saw something big and white. It was a polar bear, swimming towards him in the icy water.

Paul lay down on the ice to get a better photo, but the polar bear jumped out of the water and tried to attack him! Luckily for Paul, the ice cracked, or broke, and the bear fell back into the water. The polar bear wasn’t so lucky. It couldn’t get a meal and had to swim farther away to find food.

To understand the polar bear’s problem, you need to know two things about the Arctic. First, the Arctic is mostly ocean. Second, ice covers a lot of the Arctic Ocean. In winter, the ice forms a

密封线内不要答题

thick, white sheet, but in summer, the ice becomes thinner and breaks into pieces. Sea ice is the key to survival for Arctic animals. However, because of global warming, Arctic temperatures are rising and polar ice is melting.

Polar bears need ice to hunt seals, their favorite meal. They stand on the ice and wait for the seals to come up for air. As Arctic ice melts, polar bears have to swim farther to find ice floes, or large pieces of floating ice. Sometimes, bears have to swim more than 200 km to find an ice floe. Some bears cannot swim that far and, sadly, they drown.

On his last trip, Paul Nicklen saw three dead bodies of polar bears. Before global warming threatened Arctic ice, a dead bear was a rare sight. Paul is sad to see the dead bodies. Wildlife experts think global warming will have a terrible effect on polar bears. In the future, polar ice will continue to shrink and endanger the bears. Some scientists believe 65 percent of the world's polar bears will disappear by 2050. In other words, polar bears are in great danger.

【全文翻译】

保罗尼克伦在北极的一片冰面上耐心地等待着。他在那里为国家地理杂志拍摄照片。最后，他看到了一个又大又白的东西。那是一只北极熊，在冰冷的水中向他游来。

保罗躺在冰面上，想拍一张更好的照片，但北极熊跳出水面，试图攻击他！保罗很幸运，冰面裂开了。对保罗来说，幸运的是，冰层破裂了，或者说断裂了，熊又掉进了水里。北极熊就没那么幸运了。它无法获得食物，不得不游到更远的地方去寻找食物。

要理解北极熊的问题，你需要知道关于北极的两件事。首先，北极地区大部分是海洋。第二，冰覆盖了北冰洋的许多地方。在冬天，冰块形成厚厚的白色薄片，但在夏天，冰块变得更薄，并断成碎片。海冰是北极动物生存的关键。然而，由于全球变暖，北极的温度正在上升，极地的冰正在融化。

北极熊需要冰来捕猎海豹，这是它们最喜欢的食物。它们站在冰面上，等待海豹上来换气。随着北极冰层的融化，北极熊必须游得更远才能找到浮冰，或大块的浮冰。有时，北极熊要游200多公里才能找到一块浮冰。有些熊不能游那么远，不幸的是，它们会被淹死。

在他最后一次旅行中，保罗尼克伦看到了三具北极熊的尸体。在全球变暖威胁到北极冰层之前，死熊是一种罕见的景象。保罗看到这些死尸很难过。野生动物专家认为全球变暖将对北极熊产生可怕的影响。在未来，极地冰层将继续缩小，并危及熊的生命。一些科学家认为，到2050年，全世界65%的北极熊将消失。换句话说，北极熊正处于巨大的危险之中。

31-35: CCABC

31. The main idea of the passage is that ____.

- A. polar bears are amazing swimmers
- B. Arctic temperatures are rising
- C. global warming is endangering polar bears

【本题答案】C

【本题解析】本题考查主旨题。本文主要讲了全球变暖将会对北极熊的生存造成极大威胁。由最后一段“Wildlife experts think global warming will have a terrible effect on polar bears.”可

知。综上所述，该题选择C。

32. The polar bear that tried to attack Paul was unlucky because ____.

- A. Paul swam away
- B. it was on an ice floe
- C. it couldn't eat Paul

【本题答案】C

【本题解析】本题考查细节题。由第二段最后一句“It couldn't get a meal and had to swim farther away to find food.”可知，北极熊想以Paul为食但没有抓到，不得不游走寻找食物。综上所述，该题选择C。

33. According to the passage, polar bears hunt seals by ____.

- A. waiting on the ice
- B. waiting in the water
- C. drowning the seals

【本题答案】A

【本题解析】本题考查细节题。由第四段第二句“They stand on the ice and wait for the seals to come up for air.”可知，北极熊站在冰上等待海豹。综上所述，该题选择A。

34. From the passage, Paul Nicklen is maybe a ____.

- A. scientist
- B. photographer
- C. psychologist

【本题答案】B

【本题解析】本题考查推理题。由第一段第二句“He was there to take pictures for National Geographic.”可知，他在为《国家地理》杂志拍照片，可推测他是一位摄影师。综上所述，该题选择B。

35. We can infer that polar bears ____.

- A. won't have any food
- B. will all die before 2050
- C. cannot find food easily

【本题答案】C

【本题解析】本题考查推理题。综合第四、五两段可知，北极熊要站在浮冰上觅食，而全球变暖导致冰块融化，北极熊不得不游到很远的地方寻找浮冰，所以它们觅食很不容易。综上所述，该题选择C。

Passage three

Question 36 to 40 are based on the following passage.

Fire ants are famous for their construction projects (as well as their burning bites). When they need to, colonies of these insects turn themselves into ladders, chains and walls. And when flood water rises, a colony can float to safety by making an unusual boat. The ants hold tightly to each other, forming a floating disk atop the water. The anraft may float for months seeking safe harbor. The ants on the bottom don't drown, and the ants on the top stay dry. Working together, the ants float to safety — even though a single ant alone in the water will struggle to survive.

“They have to stay together as a colony to survive.” Nathan Mlot said.

Fire ants and water don't mix. The ant's hard outer shell, naturally repels water. A drop of water can sit on top of the ant like a backpack. When an ant does end up underwater, tiny hairs on its body can trap bubbles of air that give the bug a boost up.

To investigate the science behind the anraft, the scientists placed hundreds or thousands of ants at a time in the water. A group of ants took about 100 seconds, on average, to build a raft. The researchers repeated the experiment multiple times. Each time, the ants organized themselves the same way, creating a raft about the size and the thickness of a thin pancake. The rafts were flexible and strong, staying together even when the researchers pushed the rafts underwater.

The scientists then froze the rafts in liquid nitrogen and studied them under powerful microscopes to figure out how the ants kept everyone safe and the water out.

The team found that some ants used their jaws to bite other ants' legs. Other ants joined their legs together. Thanks to these tight bonds, say the scientists, the ants did a better job at keeping the water away than any one ant could do on its own. By working together, thousands of ants can stay alive in the face of a crisis like a flood by using their own bodies to build a boat.

【全文翻译】

蚂蚁以其建筑项目（以及火辣辣的叮咬）而闻名。当它们需要时，这些昆虫的群落会把自己变成梯子、锁链和墙壁。当洪水上涨时，殖民地可以通过制造一艘不寻常的船漂浮到安全的地方。蚂蚁紧紧地抓住对方，在水面上形成一个漂浮的圆盘。蚂蚁可能会漂浮数月以寻求安全港。底部的蚂蚁不会淹死，顶部的蚂蚁保持干燥。蚂蚁们齐心协力，漂浮到安全的地方——即使只有一只蚂蚁独自在水中挣扎求生。

“他们必须作为一个殖民地呆在一起才能生存。”内森·姆洛特说。

火蚁和水不会融合。蚂蚁坚硬的外壳，自然会排斥水。一滴水可以像背包一样放在蚂蚁的顶部。当一只蚂蚁最终潜入水下时，它身上的细小毛发可以捕获气泡，从而使蚂蚁上升。

为了研究蚂蚁背后的科学，科学家们一次将数百或数千只蚂蚁放入水中。一群蚂蚁平均需要大约 100 秒才能建造一个木筏。研究人员多次重复该实验。每一次，蚂蚁都以同样的方式组织自己，创造一个木筏，大小和厚度与薄煎饼差不多。木筏灵活而坚固，即使研究人员在水下推动木筏，它们也能保持在一起。

然后，科学家们将木筏冷冻在液氮中，并在高倍显微镜下研究它们，以弄清楚蚂蚁如何保证每个人的安全并防止水进入的。

研究小组发现，一些蚂蚁用下颚咬其他蚂蚁的腿。其他蚂蚁把腿连在一起。科学家们说，由于这些紧密的结合，蚂蚁在防水方面做得比任何一只蚂蚁都做得更好。通过共同努力，成千上万的蚂蚁可以用自己的身体建造一艘船，在面对洪水等危机时保持活着。

36-40: CDCBC

36. When flood comes, fire ants _____.
A. will run away separately B. find a hole to hide themselves
C. combine themselves into a raft D. climb onto boats on the water

【本题答案】C

【本题解析】本题考查**细节题**。根据第一段中”And when flood water rises, a colony can float to safety by making an unusual boat. The ants hold tightly to each other, forming a floating disk atop the water.”可知，当洪水来临时，火蚁会聚集成筏子。综上所述，该题选择 C。

37. What makes fire ants stay afloat?
A. Tiny hairs on their body. B. Their hard outer shell.
C. Their slippery skin. D. Their backpack on its body top.

【本题答案】A

【本题解析】本题考查**细节题**。根据第三段中 “When an ant does end up underwater, tiny hairs on its body can trap bubbles of air that give the bug a boost up.”可知，火蚁身上的细小毛发让火蚁保持漂浮。综上所述，该题选择 A。

38. After scientists put fire ants into the water, they _____.
A. built a raft in 100 minutes
B. organized themselves into a flexible raft
C. organized themselves in different ways
D. liked to look for the food of pancakes

【本题答案】B

【本题解析】本题考查**细节题**。根据第四段可知，科学家们将火蚁放入水中后，它们将自己组织成一个灵活的筏子。综上所述，该题选择 B。

39. The story of fire ants proves the importance of _____.
A. practice B. calmness C. cooperation D. speed

【本题答案】C

【本题解析】本题考查**细节题**。根据最后一段可知，火蚁的故事证明了合作的重要性。综上所述，该题选择 C。

40. The purpose of writing this text is to introduce _____.
A. how fire ants react in face of danger
B. fire ants' differences from common ants
C. fire ants' ability to live underwater
D. the building ability of fire ants

【本题答案】C

【本题解析】本题考查**推理题**。根据第一段中 “Fire ants are famous for their construction projects (as well as their burning bites).”可推知，写这篇文章的目的是介绍火蚁的建筑能力。综上所述，该题选择 C。

Section B: (20 points)

Directions: Read the following passage. Fill in each blank with a proper sentence given in the box. Each sentence can be used only once. Then mark the corresponding letter on the **Answer Sheet**.

The hugely popular blog the Skint Foodie chronicles how Tony balances his love of good food with living on benefits. Here's his advice for economical foodies.

__41__

密封线内不要答题

Impulsive spending isn't an option, so plan your week's menu in advance, making shopping lists for your ingredients in their exact quantities. I have an Excel template for a week of breakfast, lunch and dinner. Stop laughing: it's not just cost effective but helps you balance your diet. It's also a good idea to shop daily instead of weekly, because, being human, you'll sometimes change your mind about what you fancy.

__42__

This is where supermarkets and their anonymity come in handy. With them, there's not the same embarrassment as when buying one carrot in a little greengrocer. And if you plan properly, you'll know that you only need, say, 350g of shin of beef and six rashers of bacon, not whatever weight is pre-packed in the supermarket chiller.

__43__

You may proudly claim to only have frozen peas in the freezer — that's not good enough. Mine is filled with leftovers, bread, stock, meat and fish. Planning ahead should eliminate wastage, but if you have surplus vegetables you'll do a vegetable soup, and all fruits threatening to “go off” will be cooked or juiced.

__44__

Everyone says this, but it really is a top tip for frugal eaters. Shop at butchers, delis and fish-sellers regularly, even for small things, and be super friendly. Soon you'll feel comfortable asking if they've any knuckles of ham for soups and stews, or beef bones, chicken carcasses and fish heads for stock which, more often than not, they'll let you have for free.

__45__

You won't be eating out a lot, but save your pennies and once every few months treat yourself to a set lunch at a good restaurant — £ 1.75 a week for three months gives you £ 21 — more than enough for a three-course lunch at Michelin-starred Arbutus. It's £ 16.95 there — or £ 12.99 for a large pizza from Domino's: I know which I'd rather eat.

- A. Live like a peasant.
- B. Balance your diet.
- C. Shopkeepers are your friends.
- D. Remember to treat yourself.
- E. Stick to what you need.
- F. Planning is everything.
- G. Waste not, want not.

【全文翻译】

非常受欢迎的博客 Skint Foodie 记录了托尼是如何在热爱美食和靠福利生活之间找到平衡的。除去账单，托尼每周有 60 英镑可花，其中 40 英镑花在食物上，但 10 年前，他的年收入为 13 万英镑，他在公司公关部门工作，每周至少两次在伦敦最好的餐厅就餐。后来，他的婚姻失败，事业枯竭，酗酒也变得严重起来。“社区心理健康小组救了我的命。在某种

程度上，当人们对这个博客的反应如此之好时，我又一次感受到这种感觉。它给了我曾经失去的认可和信心。但这仍然是一个日复一日的事情。”现在他住在政府合租的公寓里，不断地接到文学经纪人的邀请。他感觉很乐观，但他会继续写博客——不是关于吃得越便宜越好——“有很多人的情况更糟，几乎没有钱花在食物上”——而是在预算范围内吃得很好。以下是他对节俭美食家的建议。

计划就是一切。

冲动消费是不可能的，所以提前计划你一周的菜单，为你的食材制定精确数量的购物清单。我有一个 Excel 模板，用于一周的早餐、午餐和晚餐。别笑了：这不仅省钱，还能帮助你平衡饮食。每天购物而不是每周购物也是一个好主意，因为，作为人类，你有时会改变对你喜欢的东西的想法。

坚持你需要的东西。

这就是超市和它们的匿名性派上用场的地方。有了它们，就不会像在小蔬菜水果店买胡萝卜那样尴尬了。如果你计划得当，你会知道你只需要 350 克牛肉和 6 片培根，而不是超市冰箱里预先包装好的重量。

不浪费，不愁缺。

你可能会自豪地说冰箱里只有冷冻豌豆——这还不够好。我的包里装满了剩菜、面包、高汤、肉和鱼。提前计划应该减少浪费，但如果你有多余的蔬菜，你会做蔬菜汤，所有可能“变质”的水果都将被煮熟或榨成汁。

店主是你的朋友。

每个人都这么说，但这确实是给节俭的食客的最好建议。经常去肉店、熟食店和卖鱼的店里购物，即使是买些小东西，也要非常友好。很快，你就会很自在地问他们有没有用来做汤和炖菜的火腿，或者用来做高汤的牛骨头、鸡尸体和鱼头，他们通常会免费给你。

记得善待自己。

你不会经常出去吃饭，但你可以省下你的钱，每隔几个月的午餐在一家不错的餐厅吃一顿套餐——三个月，每周省 1.75 英镑，这样你就能得到 21 英镑——这样足够在米其林星级杨梅餐厅吃一顿三道菜的午餐了。那里的价格是 16.95 英镑，或者在达美乐买一个大披萨要 12.99 英镑：我知道我更喜欢吃哪个。

41-45: FEGCD

41. F

【本题解析】段落首句谈到“冲动消费不是一个好的选择，所以提前计划你一周的菜单，为你所需材料的具体数量做一个购物清单”。首句中出现了因果逻辑关联词 so，而下文又没有出现明显转折，因此首句是本段的中心句。文章进而提及作者为此专门做一个 Excel 表格，并且认为这样做不仅花钱少并且有助于均衡饮食。显然文章的中心在于首句谈到的“plan”，而中心不是选项 B 表达的“balance your diet”。综上所述，该题选择 F。

42. E

【本题解析】段落第二句话中的代词“them”指代第一句中的“supermarkets and their anonymity”。该句顺接第一句，表达了一个否定的含义，即你不需要在小贩那里感到尴尬。紧接着第三句用肯定的语气指出“if you plan properly, you'll know that you only need...350g of shin of beef...”即如果你合理的规划，你就会清楚知道你想要什么，比如你只需要 350 克牛肉。

作者语义上层层递进的方式指出了这一段的中心：你需要什么就买什么，要对你所需要购买的东西的分量要坚持。综上所述，该题选择 E。

43. G

【本题解析】本段内容首先谈到 “你可能骄傲的说冰箱里只有冷冻的青豆，但是这还不够”。这句话中虽然没有明显的转折词，但在语义上属于隐性转折，因此段落的重点应该在后面。第二句提到 “Mine is filled with...”，其中 mine 等于 my freezer，指代顺接上一句话。接着第三句前半句指出 “提前做好计划可以避免浪费”，后半句具体陈述了怎样避免浪费。其中 “eliminate wastage” 与选项 G 中的 “waste not” 构成同义替换。虽然该句中出现了 planning，但是本段的主要内容是谈到对于剩余的食物要尽可能充分利用，从而避免浪费。综上所述，该题选择 G。

44. C

【本题解析】该段首句的句内出现转折，重点在转折之后。第一句 but 转折之后提到 “it really is a top tip”，即这真的是一个好的提议。那么首先要还原 it 所指代的内容。句前没有提供信息，句后第二句提到 “shop at butchers,... regularly, ...and be super friendly”。其中 “be friendly” 词性转换和选项 C 中的 “are your friends” 够成同义替换。同时，根据就近指代原则，这也是 it 所指代的内容。后一句具体的信息描述了购物时表现出友好的态度所带来的好处：通常他们都会免费给你。综上所述，该题选择 C。

45. D

【本题解析】该段首句句内出现转折，重点在转折之后。第一句 but 后提到 “save your pennis and once every few months treat yourself to a set lunch”，其表达的含义是要节省钱，但可以每几个月款待自己一次。而该句也是本段落的中心句。段落余下的信息都是在用数据来解释这个道理。选项 D 中出现了 “treat yourself”，属于原词复现。综上所述，该题选择 D。

密
封
线
内
不
要
答
题